

Grilled Potatoes

Our ancestors grilled potatoes by placing them in the ashes or coals that they kept alive all day. Today, that is generally not an option. Placed on the average grill, a full sized potato will not completely cook before the coals go cold, or the meat is done. Therefore, in order to grill potatoes, it is best to slice or dice them and add butter and salt. Grilled potatoes can come fresh from the garden, bagged from the grocery store, or even canned potatoes. The longer they cook, the softer they'll be. Sweet potato fingerlings may be grilled whole.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill
- B. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Pepper
- Potato
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon

Pan:

- Grill safe aluminum pan, or
- ** Grill packet

**** To make the packet, tear off a large piece of foil, place the vegetable on one half, add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.**

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits, or
1/4 cup of diced ham

Vegetables:

15 ounces of sliced potatoes

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash, and slice or dice potatoes.
Dice optional:
1/4 cup bacon bits
1/4 cup ham
2. Add to a grill packet:
1 tablespoon of butter
15 ounces of sliced or diced potatoes
Dash of salt
Spices, such as pepper, to taste
Enough water to cover sweet potatoes.
Optional:
1/4 cup of bacon bits, or
1/4 cup of diced ham
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.